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The purpose of our study is to learn about 'biomarkers' (biological features such as proteins, genes, and brain images that indicate the state of a disease in a person), and how they can help predict treatment outcomes in patients with depression.

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The study is being conducted by **Dr. Raymond Lam** at the Mood Disorders Centre, UBC Hospital.

Vancouver Coastal Health

UBC

For more information about this study and how to enroll, please call **604.822.7804** **www.canbind.ca**

Vancouver metro

FOR A REALLY RETRO DRINK, TRY MEAD
metroLIFE

Your essential daily news | MONDAY, MAY 11, 2015

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City eyeing restaurant in park

WATERFRONT

Private operator sought to build, run facility

Emily Jackson
Metro | Vancouver

The City of Vancouver is looking for a private operator to open a "first-class" restaurant at a waterfront public park in Coal Harbour.

It issued a request for proposals for an experienced operator to build and run a three-storey restaurant with a sizeable patio at Harbour Green Park, a patch along the seawall just west of the Vancouver Convention Centre.

The successful bidder must pay to build the 6,400-square-foot restaurant, turn the building over to the city, and lease it back for a rent of at least $150,000 a year and a percentage of the restaurant's revenues. The initial lease will be for 10 years with one option to renew for another decade.

While it isn't new for the park board to host private restaurants on public land to earn a little extra cash, this proposal comes at a time when citizens are questioning the privatization of city land after the board approved a zipline at Queen Elizabeth Park.

Some argue that enjoying public land and waterfront views shouldn't be contingent on being able to afford a restaurant meal. Others contend the park board needs to think of creative ways to cover its costs.

Listen up, Vancouver:

'If Stephen Harper's government is scolding you on not doing enough on climate change, you've got a problem.'

NDP environment critic Spencer Chandra Herbert

B.C. not meeting emission targets: Feds, page 4

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Your essential daily news

Obama thrills single mom in Florida with surprise Mother's Day call.

Killer knew he was wrong: Expert

CRIME

Randy Janzen confessed on Facebook to killing family

Years of mounting desperation and distorted thinking likely played a role in the disturbing case of a B.C. man who apparently killed his family, says a prominent psychologist.

A man identifying as Randy Janzen posted a disturbing note to Facebook last week in which he confessed to shooting his 19-year-old daughter Emily in the head to free her from chronic, crippling migraines. The post goes on to explain how Janzen then killed his wife Laurel and his sister Shelly to spare them any suffering.

Despite justifying the killings online, Janzen was likely fully aware that his actions were wrong, said psychologist Patrick Baillie in an interview.

"This isn't somebody who has a mental disorder that has so interfered with his thinking that either he doesn't know what he's doing or he doesn't know that it's wrong," said Baillie.

"I think (Janzen) is an individual who perceived himself as being at the end of his rope and started to think about this as a solution."

Baillie has testified in numerous court cases involving defendants looking to be found not criminally responsible because of a mental illness.

The psychologist drew an immediate parallel between Janzen's case and that of Robert Latimer, a Saskatchewan farmer convicted of second-degree murder after killing his disabled 12-year-old daughter, saying he wanted to end her chronic pain.

But unlike with Latimer, Baillie said what makes this case unique is that Janzen allegedly went on to kill the rest of his family.

In the Facebook post, Janzen explained that his wife "should never have to hear the news her baby has died" and that his sister should not have to live alone with the shame of his actions.

"Latimer says: 'Here's why I did it, I take responsibility for it and I know that there are going to be consequences,'" said Baillie, whereas Janzen's case "strikes me as an individual who was making decisions for a lot of people without any evidence that those people would have wanted to participate in those actions."

Homicide investigators have not formally identified the bodies discovered at two crime scenes in B.C.'s Fraser Valley, but they revealed on Friday that the bodies all belonged to one family, including that of the suspect.

After discovering one body at a home in Aldergrove, B.C., a four-hour standoff took place with a man inside a residence, believed to be the Janzen house, just east of Chilliwack, until the home was quickly engulfed in flames.

Police have not yet explained the cause of the blaze, nor have they confirmed the identity of the man.

Police are expected to give an update into the killings on Monday. There is no confirmation on whether the man's death was a suicide.

Emily Janzen is seen in this handout photo from Kim Mallory Studios. THE CANADIAN PRESS

RCMP officers talk during the investigation of multiple homicides east of Chilliwack, B.C., on Friday. DARRYL DYCK/THE CANADIAN PRESS

> **I think (Janzen) is an individual who perceived himself as being at the end of his rope and started to think about this as a solution.**
> Patrick Baillie, psychologist

While murder-suicides are not all that uncommon — amounting to about six per cent of the approximately 500 murders in Canada per year — Simon Fraser University criminologist Neil Boyd said murder-suicides involving so-called mercy killings are rare.

Still, Boyd said he would be hesitant to classify the Janzen case as a possible mercy killing.

"The fact that a person has severe migraines is seldom a reason to take their life as an act of mercy," he said. "That seems rather farfetched."

Friends of Janzen's daughter Emily say the talented singer had aspirations to become an opera star but was held back by the debilitating migraines that plagued her since elementary school.

B.C. Coroners Service spokeswoman Barb McClintock said it is too early to know whether a public inquest will be held into the deaths.

A public inquest is a formal court proceeding with a five-person jury that looks into the facts surrounding an unnatural death. The chief coroner has the power to hold an inquest if she believes it would be of benefit to the public and would prevent similar deaths in the future.

THE CANADIAN PRESS

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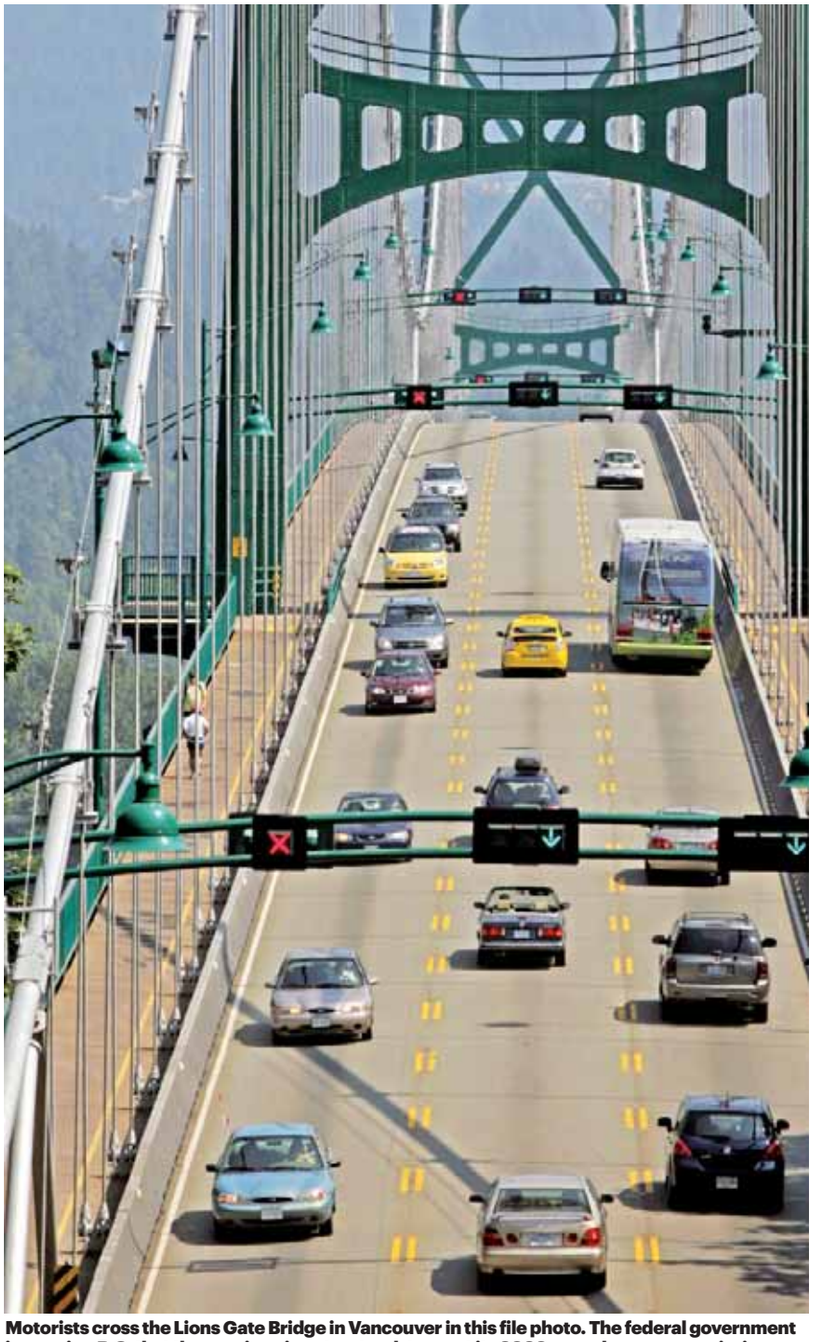

Motorists cross the Lions Gate Bridge in Vancouver in this file photo. The federal government is warning B.C. that the province is not on track to meet its 2020 greenhouse gas emissions targets. DARRYL DYCK/THE CANADIAN PRESS

B.C. failing to meet emission targets: Feds

GREENHOUSE GASES

B.C.'s landmark carbon tax has been frozen for five years

Matt Kieltyka
Metro | Vancouver

British Columbia is on track to increase greenhouse gas emissions — not reduce them — according to a letter from Canada's environment minister.

Leona Aglukkaq wrote to her provincial counterpart, Mary Polak, on April 10 with Environment Canada's latest greenhouse gas projections as B.C. struggles to meet its 2020 goal of reducing emissions to 33 per cent below 2007 levels.

Instead of reducing its greenhouse gas emissions (GHG), the 2014 Emissions Trend Report says B.C. is actually on pace to increase emissions 11 per cent by 2020 (from 2005 levels).

BACKGROUND

In an emailed statement to Metro, the Ministry of Environment says the province met its 2012 interim GHG reduction target of six per cent and claims the federal data "does not incorporate all of B.C.'s GHG reduction actions," such as carbon offsets in the forest sector. METRO

"If Stephen Harper's government is scolding you on not doing enough on climate change, you've got a problem," said NDP environment critic Spencer Chandra Herbert, who obtained the letter through Freedom of Information and shared it with Metro. "There is no leadership on climate change with (Premier) Christy Clark. We've only seen emissions go up."

The letter was sent as Canada tries to uphold its own international obligations under the United Nations Framework Convention of Climate Change.

Aglukkaq writes, "any additional information or clarification that you can provide on how your jurisdiction intends to meet your self-developed 2020 target will be helpful.

> **If Stephen Harper's government is scolding you on not doing enough on climate change, you've got a problem.**
> NDP environment critic Spencer Chandra Hebert

"We have not yet received information for the post-2020 period at a level of detail that would satisfy the expectation of the Lima Call for Climate Action," the letter to Polak continues. "I hope you will be in a position to share such information soon."

A week after Aglukkaq's letter was sent, Clark was at an international G20 conference in Washington, D.C., giving a World Bank-sponsored presentation on the province's Carbon Tax, introduced in 2008 by former Liberal Premier Gordon Campbell.

Last week, following the election of NDP Premier-elect Rachel Notley in Alberta, Clark told reporters she looked forward to addressing climate change with the new regime.

"We've got a lot, I think, to teach Alberta and hopefully teach the world," Clark said.

That was true at one point but not anymore, according to David Suzuki Foundation science and policy manager Ian Bruce.

"Clearly, taking strong leadership has been good for B.C. It's been recognized around the world," said Bruce. "But much of that leadership was for legislation passed almost a decade ago."

Even that world-renowned carbon tax has been on a five-year freeze since Clark took office.

Natural gas production and transportation have been driving emissions upwards in B.C., said Bruce.

Some kind of co-ordinated national climate action plan would be helpful too, Bruce said, emphasizing Ottawa's role.

"It's ambitious but there are a lot of tools and options," he said. "We need to see the premier make this a priority. There needs to be a re-injection of leadership."

Chandra Herbert said time is running out if the province still hopes to keep its promise.

"The public wants us to act on climate change, but they need to see a plan," he said.

ROYAL CANADIAN LEGION

Medicinal pot user claims discrimination over choice of smoke

A member of the Royal Canadian Legion club in Parksville has filed a B.C. human rights complaint, alleging he has been discriminated against because he was banned from the club after smoking medical marijuana in the club's designated smoking area.

Jonathan Starnes claims he is prescribed medical marijuana for pain and alleges that on July 1, 2014, while smoking pot in the Legion Branch 49's designated smoking area, he was verbally insulted, assaulted, threatened and harassed by other members, then was asked to leave the premises.

Starnes, a Legion member for 11 years, says the incident has resulted in him being permanently banned from the Legion, which amounts to discrimination against his physical disability.

The Legion, in its response, said it had numerous discussions with Starnes about his using marijuana on its premises. It had asked him to refrain from doing so pending further advice the Legion sought from the RCMP and Health Canada.

During the July 1 altercation "Starnes assumed an aggressive stance and police were called," the Legion said.

The Legion said it filed an internal complaint after the incident and Starnes declined to attend the Legion hearing of the complaint on Aug. 11 last year, when Starnes' membership was suspended for six months.

The Legion filed an application to dismiss Starnes' complaint without a hearing before the B.C. Human Rights Tribunal.

The Legion asserted that the Marijuana for Medical Purposes Regulations, which allow those who have a Health Canada exemption to possess medical marijuana, do not provide a right to smoke pot in public.

The Legion argued that smoking pot on its property is not a service customarily provided to its members. Starnes says that he is entitled to use marijuana in any regulated smoking area.

"This assertion would require evidence to define the service in issue," Tribunal chair Bernd Walter said in a ruling on May 5, when Walter denied the Legion's application to dismiss the complaint, while making no findings on the merits of the complaint.

He urged the parties to try to sort out the matter before going to a tribunal hearing.

"I recommend the parties engage in assertive efforts to resolve this complaint without resorting to a protracted evidentiary hearing. The Tribunal is prepared to assist in such efforts," Walter said in his decision.

NEAL HALL/FOR METRO

New cable ferry nearing completion

BC Ferries' new $15-million cable ferry is almost ready for life on the line.

Officials were on hand at Seaspan's Vancouver Shipyards on Friday to give the cable car — which will serve the Buckley Bay-Denman Island route this summer — a name.

Following marine tradition for cable ferries, the vessel was named after the area in which it will operate and will be known as the "Baynes Sound Connector."

The ship will be towed to Buckley Bay later this month, where it will be connected to three cables that will tug and guide it across the 1,900-metre crossing.

It can carry 50 vehicles and 150 people. MATT KIELTYKA/METRO

Officials stand in front of BC Ferries' new cable ferry, the Baynes Sound Connector. COURTESY SEASPAN

Good Samaritan stabbed in East Van

A 40-year-old man was stabbed while trying to help a woman who was allegedly being assaulted in East Vancouver.

Vancouver police are investigating the incident, which happened on East 3rd Avenue near Victoria Drive between 5:30 and 6 p.m. last Sunday.

Police said the Good Samaritan saw a man hitting a woman. When he tried to intervene, he was stabbed multiple times, according to police.

The assailant and unknown woman left the area while the victim went to hospital on his own, police said.

The stabber is described as being in his early 40s, white with "dirty" skin and about five-foot-five with blond, short, curly hair and a skinny yet muscular build. Police said he was wearing a brown hooded sweatshirt, black jeans and dark shoes.

The woman is described as white and about six-feet tall with long, curly, blonde hair. She is in her late 30s or early 40s and was wearing a white shirt with pink designs on it and blue capri jeans, police said.

Anyone with information about this incident is asked to call the VPD major crime section or Crime Stoppers.

THANDI FLETCHER/METRO

Don Davies, member of Parliament for Vancouver Kingsway, in front of the Fairmont Complex on Heather Street between West 33rd and 37th avenues. JENNIFER GAUTHIER/METRO FILE

MP renews call for affordable housing

CONSTRUCTION

Federal land on Cambie slated for development

The vacant federal land on the Cambie corridor may be prime real estate, but NDP MP Don Davies doesn't think it should only be sold to the highest bidders.

During question period in the House of Commons on Friday, the Vancouver Kingsway MP repeated his call for the federal government to include affordable housing in its plan for the 8.5 hectare site of the former RCMP E Division headquarters on Heather between 33rd and 37th Avenues.

"Will the Conservatives address the housing crisis in Vancouver and commit to building affordable housing on this important site?" Davies asked.

Last fall, the federal government's Canada Lands Corporation struck a $300-million deal with the three local First Nations to develop the property along with the Jericho Lands in Point Grey. Consultation on the properties' future is slated to begin this year, although the parties have said the large plots of land will become residential neighbourhoods.

Davies said he believes the redevelopment along the Canada Line should include co-operative housing. The federal government last built co-operative housing in Vancouver in the 1970s along False Creek South.

"Young families, seniors, low-income earners, folks with disabilities and many others are struggling to find affordable homes in the world's second-most expensive city. It is essential that affordable housing be part of this property's future and the federal government must be part of the solution," Davies said.

Davies introduced a motion in April calling on the government to ensure the "maximum possible number of affordable housing units" are built on the site and that a significant amount of the property be reserved for green space.

The RCMP land is just one of the major construction projects along the Cambie corridor. The Oakridge Centre at 41st Avenue, the Langara Gardens near 57th Avenue, and the Pearson Dogwood Lands between 57th and 59th avenues are also being redeveloped. EMILY JACKSON/METRO

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YWCA METRO VANCOUVER

Housing hashtag prompts rally

#DONTHAVE1MILLION

Campaign highlights how ownership can be out of reach

Emily Jackson
Metro | Vancouver

Eveline Xia launched a social media campaign on Twitter in April to raise awareness of how challenging it is for young, middle class residents to afford to live in a city where the average house costs $1 million. JENNIFER GAUTHER/METRO FILE

If you have miserable prospects of buying a single-family home in Vancouver, at least you'll have lots of company at the upcoming #DontHave1Million rally.

Eveline Xia, who last month organized the successful hashtag campaign to draw attention to how hard it is for young professionals to afford buying a home in the city, wants to keep the conversation rolling by taking her advocacy offline.

Her fledging organization Vancouverites for Affordable Housing is hosting a rally outside the Vancouver Art Gallery on May 24 to focus on the problem of keeping young people in a city where the average home costs more than $1 million.

More than 330 people have already committed to attending the event, according to Facebook. It will feature speakers from Generation Squeeze, the tech industry and non-profit housing associations.

Statistics Canada data shows a net loss of young people from Vancouver as housing prices continue to skyrocket.

The real estate market has prompted civic politicians to prioritize affordable housing.

The city is making it easier for developers to build rental properties and created a renters advisory committee so the 52 per cent of Vancouverites who are renters have a voice at the table, but the challenges show no signs of letting up.

Council also created the Vancouver Housing Authority to research data on vacant homes and foreign ownership, an increasingly hot-button issue in the region. An online petition calling on Mayor Gregor Robertson and Premier Christy Clark to restrict foreign investment in Metro Vancouver's real estate market reached more than 7,700 signatures as of Sunday.

The petition points to Australia for examples of limits on foreign ownership. Last week, Australia introduced stricter penalties — including up to three years in jail — for foreigners who bend the rules when buying residential real estate.

In an interview with Metro last week, Coun. Geoff Meggs said there isn't enough information available to assume foreign speculation is driving the real estate market. Regardless, Meggs doesn't think the city has the power to restrict foreign ownership.

52%

Number of Vancouverites who are currently renting.

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Currency seizures on the rise

CRIME

Number of confiscations increased 28% in 2014 alone

The number of people stopped by border officials and found with undeclared cash at border entries is on the rise as Ottawa steps up efforts to crack down on money laundering by criminal and terrorist groups.

Last year alone, Canada Border Services Agency (CBSA) reported 1,429 seizures and confiscated $24.5 million, amounting to a 28 per cent increase from 2013 when $19 million was seized in 1,117 incidents. In addition to the undeclared cash seized, CBSA also took possession of $3.7 million in suspected proceeds of crime last year, twice the amount from the year before.

The money, if the seizure is not appealed by the owner, is forfeited to the Crown as government revenue. According to data obtained by Torstar News Service, Ontario — especially Greater Toronto — is the epicentre of these activities, with travellers in and out of the province accounting for $8.7 million and $9.6 million of the seized currencies in 2013 and 2014 respectively.

Meanwhile, Ontario also got a lion's share of the suspected proceeds of crime confiscated, $848,979 and $2.4 million in the two years.

"Money laundering and terrorist financing are international problems. Money laundering in Canada alone is estimated to be in the billions of dollars," said CBSA spokeswoman Wendy Atkin. "While currency seizure statistics vary from year to year, the CBSA can tell you that its officers are committed to enforcing Canadian legislation … as it applies to the border."

While observers believe China's crackdown on corruption in recent years may have contributed to the influx of so-called "dirty money" into Canada, ignorance and misconception among Canadians also plays a role in people not declaring the amount of cash they carry through the border.

Under the Proceeds of Crime (Money Laundering) and Terrorist Financing Act, said CBSA, there are no restrictions on the amount of currency a person can bring into or take out of Canada. However, any amount valued at $10,000 or more must be declared at customs.

Atkin said there are four levels of seizure, leading to a fine ranging from $250 to $5,000. However, in cases involving suspected proceeds of crime, no money will be released.

Tax litigator Daniel Kiselbach has seen a 20 per cent increase in inquiries from Canadians desperate in getting their seized money back from the government.

Although CBSA has an internal appeal process, he said the "redress officers" must be satisfied with the proof of the source of the money.

According to CBSA, $6.7 million in undeclared money and $834,144 in proceeds of crime was seized across Canadian borders from Jan. 1 to April 15 this year, including $2.9 million in unreported cash and $127,960 in "dirty money" confiscated in Ontario. TORSTAR NEWS SERVICE

Last October, Canadian border officials found duct taped packages of more than $1.3 million in undeclared currency at the Queenston-Lewiston bridge in southern Ontario. TORSTAR NEWS SERVICE

DETAILS

Four levels of currency seizure

1: The currency is returned after a $250 penalty when the money has not been concealed and the individual makes a full disclosure of the facts following its discovery.
2: The currency is returned following payment of a $2,500 penalty when the money is concealed in a method other than a false compartment or if the individual has already had a previous currency seizure against them.
3: Currency is returned upon payment of a $5,000 penalty when the currency is concealed in a false compartment or if the individual is a repeat offender.
4: There are no terms of release if officers believe that the currency is the proceeds of crime.

CANADA BORDER SERVICES AGENCY

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VATICAN RAUL CASTRO THANKS POPE FOR CUBAN-U.S. DETENTE Cuban President Raul Castro waves as Pope Francis, background, looks on, at the end of a private audience at the Vatican, Sunday. Castro paid a call on Francis to thank him for working for Cuban-U.S. detente — and said he was so impressed by the pontiff he is considering a return to the Catholic church's fold. FABIO FRUSTACI/ANSA VIA THE ASSOCIATED PRESS

Two officers shot, killed at traffic stop

MISSISSIPPI

Three suspects arrested

Two Mississippi police officers were shot to death during an evening traffic stop turned violent, a state law enforcement spokesman said Sunday. Three suspects were in custody, including two who are charged with capital murder.

The deaths of the officers — the first to hit Hattiesburg in three decades — were felt far and wide in this small southern Mississippi city. Gov. Phil Bryant released a statement saying he was mourning the loss of the officers.

"This should remind us to thank all law enforcement for their unwavering service to protect and serve. May God keep them all in the hollow of his hand," Bryant said.

Warren Strain, a spokesman for the Mississippi Department of Public Safety, said Marvin Banks, 29, and Joanie Calloway, 22, were each charged with two counts of capital murder. Banks was also charged with one count of being a felon in possession of a firearm and with grand theft for fleeing in the police cruiser after the shooting, Strain said.

> **"He wanted to become an officer because we've seen so much of our peers get killed or end up in jail ... He was talking all the time about how he wanted to do better and make the place better.**
> Jarvis Thompson

"He absconded with a Hattiesburg police cruiser. He didn't get very far, three or four blocks and then he ditched that vehicle," Strain said.

Banks' 26-year-old brother, Curtis Banks, was charged with two counts of accessory after the fact of capital murder.

The three Hattiesburg residents were arrested without incident at different locations overnight following the shooting, Strain said. They were expected to face initial court appearances Monday. The three were being held at undisclosed jails in the state and could not be reached for comment.

Lt. Jon Traxler, a Hattiesburg Police Department spokesman, identified the officers who died as Benjamin Deen, 34, and Liquori Tate, 25. Local reports identified Deen as a past department Officer of the Year, and Tate was a newcomer to the force who Strain said was a 2014 graduate of the law enforcement academy.

Tate grew up in a tough part of Starkville, 240 kilometres north of Hattiesburg, and decided to become a police officer so he could make a difference in the black community, said Jarvis Thompson, who knew him from childhood in church. THE ASSOCIATED PRESS

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SEVERE WEATHER

Snow, tropical storms strike parts of U.S.

South Dakota was the centre of weather extremes Sunday, with a tornado hitting a small town on the eastern side of the state and more than a foot of snow blanketing the Black Hills to the west.

It was among several Great Plains and Midwest states in the path of expected severe weather.

At the same time, a tropical storm came ashore in the Carolinas and wintry weather also affected parts of Colorado.

Tropical Storm Ana made landfall near Myrtle Beach, South Carolina, on Sunday morning and was downgraded to a tropical depression by Sunday afternoon. The storm's maximum sustained winds were at 56 km/h.

In South Dakota, National Weather Service meteorologist Philip Schumacher said law enforcement reported a tornado about 10:45 a.m. Sunday in Delmont.

No deaths were reported.

"One side of town was taken away," Delmont resident Anita Mathews told The Associated Press. She said a large church had been heavily damaged as well as a new fire hall, and that the town had no electricity.

In North Texas, sparsely populated ranching and farming communities were left to clean up from Saturday's tornadoes that left one person dead and another in critical condition, authorities said. Cisco Fire Department spokesman Phillip Truitt said the two people were near each other.

Storm clouds pass in Denton, Texas, on Sunday. Parts of several Great Plains and Midwest states were in the path of severe weather. AL KEY/THE DENTON RECORD-CHRONICLE/THE ASSOCIATED PRESS

The National Weather Service said Sunday that the Cisco tornado was rated an EF-3, with winds ranging from 219 to 265 km/h.

At least six buildings were damaged south of Cisco as well as six others near Lake Leon, Truitt said.

A strong line of storms moved through the Dallas-Fort Worth area Sunday morning, forcing significant delays and a total of 100 flight cancellations at Dallas-Fort Worth International Airport and Dallas Love Field Airport.

Forecasters issued tornado watches through Sunday evening for parts of Texas, Oklahoma, Arkansas, Iowa, South Dakota, Nebraska and Minnesota.

Farther north, a late-season snow fell in parts of the Rockies, western Nebraska and western South Dakota. National Weather Service meteorologist Kyle Carstens said between 25 to 46 cm of snow was on the ground Sunday morning in the Black Hills. THE ASSOCIATED PRESS

China cuts rates again to boost slowing economy

LENDING

Interest on deposits falls to 2.25%, loans down to 5.10%

China's central bank said Sunday that it is cutting interest rates for the third time in six months to boost the country's sluggish economy.

Citing "downward economic pressures," the People's Bank of China said it would cut the rate on a one-year loan by commercial banks by 0.25 percentage points to 5.10 per cent. The interest rate paid on a one-year deposit was lowered by 0.25 points to 2.25 per cent.

Rates were also cut on Nov. 22 and then again on March 1. The new rates take effect Monday.

The cuts follow reports that trade in April shrank more than expected and that factory employment was weak.

Beijing has introduced a string of tax reductions and other measures aimed at propping up growth.

The latest cuts are expected to reduce financial costs for state companies and are a signal to state-owned banks to boost lending.

The world's second-largest economy grew 7.4 per cent last year, the lowest growth in more than two decades. The economic slowdown is expected to persist.

THE ASSOCIATED PRESS

1.5%

China's inflation rate rose slightly to 1.5 per cent in April, up from the previous month's 1.4 per cent, according to official data released Saturday.

Chinese paramilitary policemen stand on duty outside the People's Bank of China in Beijing. China's central bank said Sunday that it is cutting interest rates for the third time in six months to boost the country's sluggish economy. THE ASSOCIATED PRESS FILE

GREEK ECONOMY

Germany warns of collapse

Germany's finance minister says his country will do everything it can to keep Greece in the eurozone under "justifiable conditions."

Eurozone finance ministers will meet on Monday amid slow-moving talks on a deal with Greece's creditors.

Finance Minister Wolfgang Schaeuble told Germany's Frankfurter Allgemeine Sonntagszeitung in an interview published Sunday he doesn't think "everything will be cleared up by then." He said the atmosphere has improved in talks, but there hasn't been much substantial movement.

Schaeuble said Chancellor Angela Merkel "knows that we must do everything to keep Greece in the eurozone under justifiable conditions. It must not fail because of us."

Schaeuble said he doesn't have a clear picture of Greece's finances. He added: "Experiences elsewhere in the world have shown that a country can suddenly slip into insolvency."

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metro VIEWS
Your essential daily news
Monday, May 11, 2015

#MYMETRO

Jenn Abrams, Vancouver

What are you up to?
I'm on my lunch break.

What's your job?
I'm distribution manager for the luxury travel website Kiwi Collection.

What's the best thing about Vancouver?
The best thing about the city is the great food from all over the world.

What are you reading or binge-watching right now?
I'm watching Game of Thrones and reading The Case for Make Believe (by Harvard child psychologist Susan Linn).

Follow us on Instagram @metronewsca and show us your #MyMetro pose with a copy of our newspaper. We'll re-post you and feature a reader pic from across Canada in this spot every Monday.

Don't let rapists avoid stigma — or jail time

CITY HOLLER
Trish Kelly

Last week, Surrey resident Shalendra Kumar Sharma received just over one year of jail time after pleading guilty to five counts, including the sexual assault of a 15-year-old girl and stealing belongings from three sex-trade workers.

In the thefts, Sharma negotiated sex with three women and promised to pay them but never did. Instead, after sex, he drove off with their purses and other belongings.

It's hard to imagine what the women Sharma robbed must have felt, knowing he now possessed some of their most personal belongings, including pictures of one woman's infant daughter.

In his reasons for imposing the sentence, B.C. Supreme Court Justice Terence Schultes said, "Society has to express its collective condemnation of violence towards, and exploitation of, sex-trade workers. It is also important to send a message to any who might be inclined to act in this way towards vulnerable victims — that they can expect to receive significant sentences."

Sharma's sentence works out to one year and 14 days. It's hard for any of us outside the justice system to imagine how a mere one year in jail for these crimes could ever be called significant.

Especially in Vancouver, where complacency and disregard for the most vulnerable women in our city allowed Robert Pickton to continue his predation for over a decade, how can our justice system possibly call one year significant?

I spoke to a lawyer who assured me that, relative to how Canada handled rape in the past, a one-year sentence is a big deal.

For centuries, the system considered rape only in terms of how it offended a man's right to his property — namely his wife and daughters. In 1983, the Criminal Code replaced the crime of rape with sexual assault. This change was supposed to divorce the offence from the historical concept of women as property and put rape on par with other violent crimes. But it's a soft term that means little to anyone aside from judges, lawyers and the offender who avoids the plain-language stigma of being called a rapist.

Language is important.

All women, no matter how they make their money, will be protected.

Word choices matter. When our justice system decides a one-year sentence is "significant," we leave the door wide open for another Pickton. If a year actually is, relatively speaking, significant, then our justice system needs to go back to the drawing board. We need the sentence to reflect the depth of the harm and speak clearly to potential offenders. Rapists will be punished harshly. All women, no matter how they make their money, will be protected.

Trish Kelly lives and writes in East Vancouver. Follow her @trishkellyc

ROSEMARY WESTWOOD

metroview

"Omar Khadr's inner life will remain a mystery to us."

Humble words. Trimmed beard. A dimple.

We've seen the redeemed Omar Khadr, looking nervous and happy, dressed in jeans that seem too big.

Now free, and free to speak, Khadr is attempting to write his story from his own vantage point, to show Canadians "I'm more than what they thought of me."

Canadians are enthralled. There was a wave of welcome-home tweets Thursday, when he was released on bail after spending 13 years in jail, 10 of them in Guantanamo Bay. People said they teared up as they watched him, articulate and soft-spoken in front of a scrum of reporters. Some called the scene "beautiful" and complimented his smile.

We are, it seems, charmed.

But despite the myth-making that will now begin in earnest, about a teen who ran with a terrorist crowd and became the poster boy for the treatment of child soldiers, we will never really know Khadr.

In conservative circles (and to our prime minister), Khadr is still nothing but a dangerous terrorist. For child-soldier activists, he is a victim, indoctrinated into al-Qaida at the age of 13 by his father.

Khadr has spoken of remorse for throwing a grenade that killed a U.S. army medic. He rejects extremist views, he said. He wants a normal life, an education. "I will prove to them I'm a good person," he said. "Give me a chance."

We seem willing. But no matter how he now shapes his future, the profiles, biographies or documentaries made, his inner life will remain a mystery to us — as with all public figures.

"Only Mr. Khadr can truly know if the changes he purports to have made in his religious belief system and world view are genuine," said a psychologist who interviewed Khadr, as reported by Maclean's.

An acquaintance of mine, watching the video of Khadr interviewed outside his lawyer's home in Edmonton, said that Khadr spoke with "the innocence of a child."

"It's like you can actually witness a veil of darkness lifting for him despite the past."

That is what the joy at Khadr's release is really about: not the man, but our own need to see justice done. Our own need to redeem ourselves, and our country, for not fighting to free him from Guantanamo Bay.

Our desire, too, to know that hope and humility can spring up in the most vile of places, and that people — even purported terrorists — can be redeemed.

"I'm excited to start my life," Khadr told the press. "There's nothing I can do about the past, but I hope that the future can, I can do something about the future."

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PHILOSOPHER CAT
by Jason Logan

metro LIFE

Box office revenue down, but concession sales jump 2.6% to $5.18 per patron at Cineplex

The need for mead

Make like Game of Thrones' Cersei Lannister and grab a glass of mead. HANDOUT

GAME OF THRONES

Retro beverage back in vogue thanks to hit show

Brian Gasparek
For Metro | Life

Game of Thrones seems to be the gift that keeps on giving for its hipster-fan demographic. In addition to delivering some solid reading material, and one of the strongest shows on cable, the George R.R. Martin fantasy drama has also provided the cool kids with a thirst-quenching opportunity to indulge in something retro — really retro: Mead.

Just like their favourite medieval heroes and villains from Westeros, it appears that hip Thrones fans have taken to ironically consuming the show's boozy beverage of choice. Yep, that's about as vintage as you can get.

"It's great to see such excitement," said Michael Fairbrother, American Mead Makers Association president and founder of New Hampshire's Moonlight Meadery. "For the last few years, every time I would visit a different market and it was around the time of the new Game of Thrones episodes being released, the buyers would start telling me how many consumers would come in and mention they were going to have a Game of Thrones night with mead."

Mead in its simplest explanation is a beer-tasting alcohol made by fermenting honey and water together. Once viewed as the drink of deities, mead's origins can be traced all the way back to ancient Egypt, China, Greece and Rome. It was hugely popular in the Middle Ages, but died a fast death when sugar became the more popular sweetening alternative and beer and wine took centre stage as better-tasting party favourites. That is of course until Thrones made it trendy again.

"I tried mead when I was in the U.S.," said diehard Game of Thrones fan and mead dabbler Ben Cohen, who lives in Toronto. "It actually tastes pretty good. Just like honey, but not as sweet. I once tried to make it with some friends, too ... but that tasted like crap."

Sure, mead has been present in a variety of popular works over years such as Beowulf, Lord of the Rings, The Hobbit and Harry Potter, but its sales were always reliably static. Since Game of Thrones' debut on HBO in 2011, however, sales have skyrocketed, getting mead makers pretty darn pumped.

"We are calling it the 'renaissance of the Renaissance," said Cherie Andrews of Chinook Arch Meadery in Alberta. "The rise in popularity has been a welcome boost for those of us that have been producing it for many years."

The numbers don't lie. According to the Annual Mead Industry Report by the American Mead Makers Association, the retro booze has experienced a 128 per cent increase in production between 2012 and 2014, with its manufacturing rising to 144,000 gallons from 62,000 gallons. That's a lot of mead!

Not only that, the desire to make the stuff has skyrocketed, too. When Colorado's Mazer Cup (the largest international mead competition) started back in 2008, there were 200 home entries and 125 commercial entries. This year, the number has grown to 400 home entries and 350 commercial entries. Coincidence? I think not.

"I'm very excited," said Fairbrother. "With a youthful, hipster demographic, it means that finally the resurgence of mead is hitting mainstream, and will continue to grow."

Andrews agrees. "The exciting thing about engaging younger, hipper consumers with mead is multi-faceted," she said. "Not only is it a demographic that includes men and women equally but they really don't have preconceived ideas of what mead should be like. They just love it for what it is."

So as Canadians who want to join the hip retro trend of drinking like the Starks and Lannisters, where can we try the stuff? The answer should be as simple as your local liquor stores that carry flavoured mead options by small Canadian meaderies like Trafalgar Ales & Meads from Ontario and Tugwell Creek Honey Farm and Meadery in B.C.

As it turns out, Canada is actually home to more than 30 meaderies from coast-to-coast, way up from the four that existed in the mid-2000s.

So next time you're looking to kick back and sip on adult refreshments, perhaps try going the retro route like Cersei and Jaime, and crack open a mead. Warning: Too much mead may cause dragon sightings.

WHAT'S THE DIFFERENCE BETWEEN BEER AND MEAD ANYWAYS?

So here's the big question. Is mead a type of beer? Absolutely not.

Although mead may be carbonated and share beer's sweet, semi-sweet or dry taste qualities, the two are completely different.

Beer is boiled and brewed, with a concoction of malted barley, hops and various ingredients. Once it is cooled, yeast is tossed in to allow it to ferment. The majority of its fermentable sugar is derived from malt sugars boiled out of the barley.

Unlike beer, mead is not boiled or brewed.

The process of making it is similar to wine. It's created by mixing honey and water (with optional fruits, spices, grains or hops) and is then left alone to ferment. The majority of its fermentable sugar is derived from honey.

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The money quiz for couples

PARTNERSHIP

Check if your relationship is financially healthy

Gail Vaz-Oxlade
gailvazoxlade.com

People have all kinds of misconceptions about the rules around money and relationships. So here's a quick test to see what you may or may not know about couple's money.

Don't peek at the answers until you've chosen True or False for the following statements:

1. It only takes one person good with money in a relationship to make money management work.

2. Married partners have the right to speak for their better halves when it comes to medical treatment if their mates can't speak for themselves.

3. Getting a joint line of credit is a good way for you both to build your credit histories.

4. Once you're living together, splitting everything 50/50 is the way to go when it comes to managing the bills.

5. Talking things over and creating a plan means you're more likely to save.

So, how on the money were you?

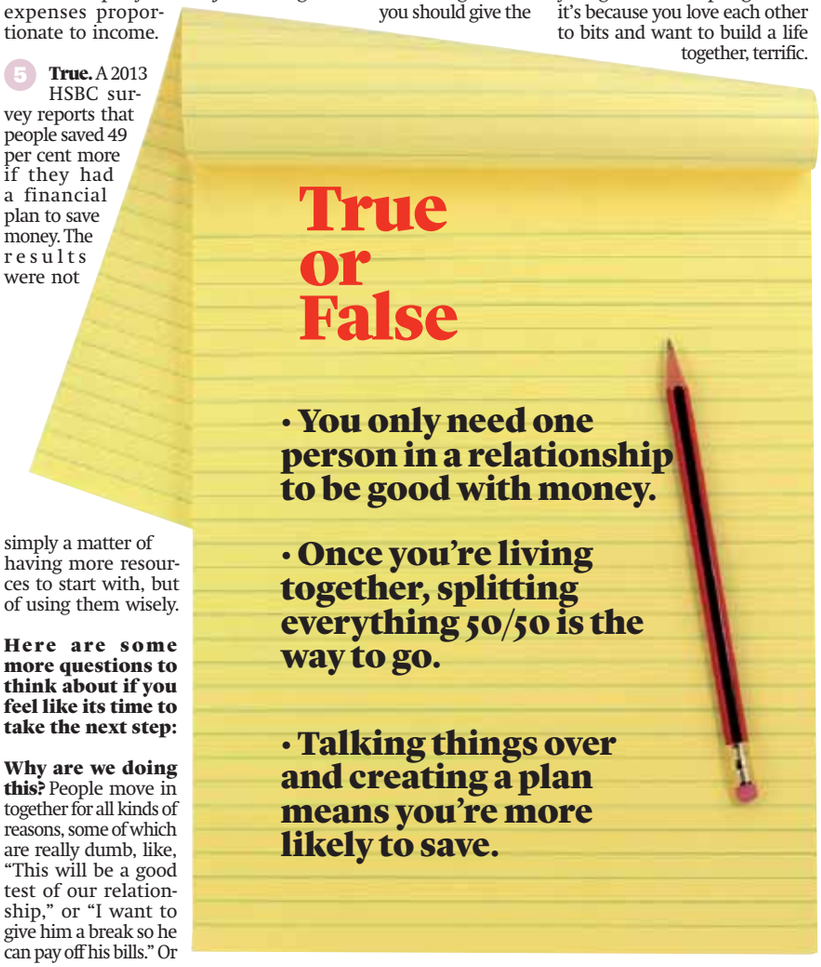
1. **False.** If only one person has high self-control, the couple is more likely to fail. According to researchers from Boston College and the University of Pittsburgh, couples of mixed self-control jointly tend toward the lower end of the self-control spectrum, not the higher. Why? It seems that high self-control partners tend to want to please low self-control partners and end up indulging their partner's wants and desires. So instead of pulling the financial idiot into the light, the high self-control person gives in and the money management suffers.

2. **False.** Not without a power of attorney they don't. Until you've executed personal care powers of attorney, you don't have any right to say what can and can't be for your mate. While you're at it, make sure you also execute financial powers of attorney so you can take care of the money, too.

3. **False.** A little known fact is that the credit history for joint credit is only reported in the name of the first person who is listed on the documentation. And the risk you take by having joint credit — except where both signatures are required — is huge. Sure, you know he or she loves you now, but what if your pal goes nutsy-cuckoo and spends all that credit? You're firmly on the hook, baby.

4. **False.** Yes, 50/50 sounds fair, but that's only true if you're both making a similar income. If one makes more, that person should pay more of the joint expenses so the other person isn't left feeling like a poor mouse. So split your joint expenses proportionate to income.

5. **True.** A 2013 HSBC survey reports that people saved 49 per cent more if they had a financial plan to save money. The results were not simply a matter of having more resources to start with, but of using them wisely.


True or False
• You only need one person in a relationship to be good with money.
• Once you're living together, splitting everything 50/50 is the way to go.
• Talking things over and creating a plan means you're more likely to save.

Here are some more questions to think about if you feel like its time to take the next step:

Why are we doing this? People move in together for all kinds of reasons, some of which are really dumb, like, "This will be a good test of our relationship," or "I want to give him a break so he can pay off his bills." Or "We spend so much time together anyway, we might as well live together." This is a big deal so you should give the "why" some serious thought. If it's going to move you towards your goals as a couple, great. If it's because you love each other to bits and want to build a life together, terrific. If it seems like a lame reason, it probably is.

How will this work for us both financially? If one person keeps bringing home new furniture and the other ends up picking up the full rent tab, someone is going to be miserable, so have a plan for how you'll be co-existing financially when you cohabitate. Start with full disclosure: what do you each own, what do you each owe, how much do you make, and how will you use that money.

How well do our lifestyles match? One of you likes to pahtay, while the other would rather stay home and read a good book. One of you loves eating out while the other thinks saving for that vacation should be the priority. Have you talked about what you goals are? What's most important to you? If you don't naturally "match up" how will you bridge your differences?

What are your expectations? Believe that it's the man's job to pay for stuff? Bathroom cleaning is woman's work? Get on the same page in terms of what you expect from your 'buddy' before you turn them into a life partner.

How will we fight? How will you negotiate the things that may create conflict? Does one of you need cool-down time? What does that look like? While you're at it, make an agreement right from the start about what you'll do if the kaka hits the fan and you split. While you like each other is the perfect time to talk about how you'll treat each other when you aren't feeling quite so generous.

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How to quit that bad job on a high note

RESIGNATIONS

Take this job and show them you can leave like a true pro

OFFICE RELATIONS

Eleni Deacon

Pfft! Make your exit from that toxic job as professional as the interview that landed you in your amazing new gig. ISTOCK

When leaving a job you dislike, it can be tempting to tell off your boss and book it for the beach that same afternoon. But while sudden, dramatic departures make potent material for late-afternoon daydreams, real-life resignations should be calculated and respectful. If it's time to quit, don't blow it.

Whether you're finally escaping a toxic environment or simply transitioning to up-the-ladder pastures, you need a solid exit plan. Walk into your boss' office unprepared, and you might stutter a slew of overshares. Instead, plot what you'll say and when you'll say it. Book a meeting with your superior for a convenient time of day — such as late morning or afternoon — and practise your talking points aloud in advance.

Keep your speech brief, transparent and appreciative. You don't need to share every detail about your next step — your new salary, for example, is none of your current employer's business — but you should be open about your plans. Although it may feel uncomfortable to tell your boss you've accepted a role with a competitor, it will seem even shadier when she sees your LinkedIn update in a few weeks.

If you have a strained relationship with your boss, the conversation might be tense. And if you love your present workplace, your resignation might be fraught with guilt and nerves. But stay calm and professional, and express your appreciation. No matter how messy your current situation, it provided a stepping stone for what's next.

If an exit interview is requested, provide honest but respectful feedback. Tactful criticisms could help your employer improve their ways; spill-your-soul tell-alls, while cathartic, will likely leave a bad taste. Focus on your personal reasons for moving on — a change of pace, a new perspective — rather than everything you think is wrong with your current place of work.

Quitting isn't just one conversation: It's a process that doesn't end until you're wrapped up, packed up, and out the door on your final day. Give your employer fair warning of your departure (two weeks is standard, though they may request more), and establish clear expectations for your final weeks. This is not the time to trash-talk upper management or covertly watch YouTube all day. Instead, spend your last stint wrapping up outstanding deadlines and creating clear instructions for your replacement.

It isn't unlikely that you'll end up working with at least some of your current colleagues later in your career. Foster a smooth transition, and you'll leave with a glowing impression — not a ball of flames.

NETWORKING

Play your calling card right Even though we live in an increasingly digital world, a business card is still critical to networking. Here's everything you need to know about making and using a professional calling card.

Keep it simple: Name, email, phone number and title or field of interest. Skip the phone if you want, but add social media links if you feel they present you in a positive light.

Including your LinkedIn profile and online portfolio or blog can be beneficial as well. Your new acquaintance may want to learn more about you before reaching out, so give them a place to find that information.

DIY: Most online printers have premade templates you can choose from. For something more original, reach out to a designer.

Use them All. The. Time. It's a good rule of thumb to permanently keep a few business cards in each of your wallets or purses.

Know your etiquette When someone hands you her business card, hand out yours in return. Jot down some notes on the card, so you remember why you were going to reach out. Don't forget to follow up! Reach out via email and let them know how nice it was to meet them. TALENT EGG/METRO U.S.

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Nursing Week
Monday, May 11, 2015

Many options for nurses in Canada

CAREER OPTIONS

Roles available in various specialties

Jason Menard
For Metro

People who are looking for a career in diverse workplace environments and schedules that fit their specific needs or desires may find nursing to be an ideal pathway to a long and rewarding career.

"With over 300,000 practitioners throughout Canada, we represent the largest group of health-care providers in the nation," said Anne Sutherland Boal, the chief executive officer of the Canadian Nurses Association (CNA).

"In nursing you have the privilege of working with people throughout all life experiences."

In many ways, only your interests and your desire limit you.

"You can work through a whole host of specialties — oncology, children's health, surgical nursing, amongst others," Sutherland Boal said, adding that nurses play key roles in providing direct care, preventative care, and can also be found in research, teaching, and administrative fields.

Nurses also work in the private sector, but Sutherland Boal's organization is committed to the preservation and promotion of the public-care system.

In Canada, there are three main nursing professions: licensed practical nurses; registered nurses; and registered psychiatric nurses.

The CNA, formed in 1908, represents registered nurses, making it one of the oldest professional bodies in Canada. And, considering the importance and pervasiveness of nurses throughout the nation, it's easy to understand why.

"You can find nurses in every community and in every geography across Canada," Sutherland Boal said.

"You can find roles in hospitals, in communities, in long-term care centres, in First Nations, rural, and remote areas. And you can find full-time, part-time and casual work, evenings, nights, weekends.

"Essentially, you can choose a field that best suits your interests based on age, specialty, geography."

Long-term care centres are an alternative workplace for nurses. SHUTTERSTOCK

And as Canada's population ages, the need for home care is even more pronounced, with people expecting to obtain medical treatment closer to home.

Many nurses are coming into the profession as part of a transition to a second career, Sutherland Boal said.

"We've had people who have had BAs in business, but decide in their 40s that they want to become nurses," she said, adding there are accelerated transition programs available to help facilitate that change.

And for those who leave the nursing profession to enter other fields, the skills and traits that led them into nursing serve them well in many other professions.

"Someone with a nursing background obviously is able to understand the needs of people," she said. "Nurses know how to work with people."

For more information about nursing, visit the website: cna-aiic.ca.

HISTORY

Famous Canadian nurses
Canada's contributions to the medical world are long and illustrious. Beyond innovation and technology, Canada's people — including its nurses — have played key roles in advancing medicine on a global scale.

Here are just a few of Canada's notable nurses and key dates in Canadian nursing:

Jeanne Mance: The first lay nurse for New France, Mance founded the Hotel-Dieu Hospital in Montreal in 1645.

Georgina Fane Pope and Margaret Clothilde Macdonald: These nurses were the first women appointed as full-time military nurses in 1906.

However, the first nursing sisters to serve officially in the Canadian military were found in the North-west Rebellion of 1885, as volunteers who helped the wounded. Canadian nurses were also sent to support the efforts in South Africa during the Boer War.

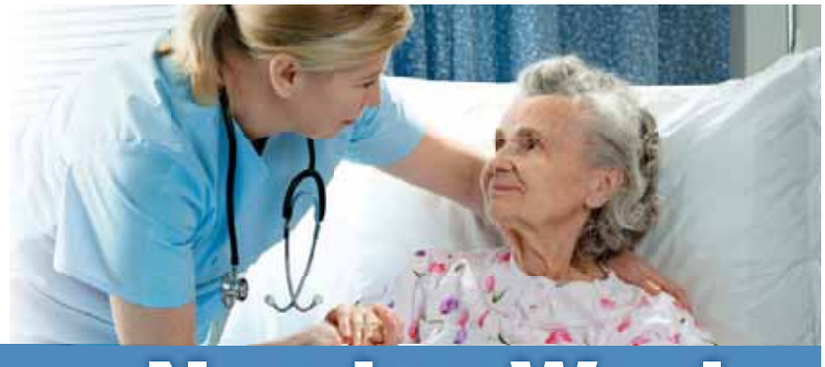
Ishbel Maria Hamilton-Gordon, Marchioness of Aberdeen and Temair: Lady Aberdeen was the president of the National Council of Women and wife of the then-Governor General of Canada. In 1897 she founded the Victorian Order of Nurses.

Georgea Powell: In 1898, she led a group of four nurses to Dawson in the Yukon, where she served as the Lady Superintendant of the VON and gained renown for her work during a severe outbreak of typhoid fever.

The first formal nurse training program was established in 1874 at the General and Marine Hospital in St. Catharines, Ont.

JASON MENARD/FOR METRO

When you are a **nurse**
you know that every day
you will touch a life
or a life will touch yours.



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Friend with mental health issues inspires career

PROFILE

Adolescent psychiatry about focusing on success

ABBY WISEMAN
For Metro

Emma Gibson ABBY WISEMAN

Emma Gibson did not want to be a nurse. Her mother, grandmother and aunt were nurses and she wanted to be different, but exposure to a family friend with mental health issues changed her mind, and Gibson decided to take on the family role and become a registered psychiatric nurse.

Now she is the clinical nurse co-ordinator at BC Children's Hospital's child and adolescent psychiatric emergency unit, which oversees children as young as five years old suffering with mental health issues such as mood disorders, trauma and attention deficit disorder. Some children are dealing with multiple disorders at the same time. This means her job, and the job of psychiatric nurses, requires a lot of observation.

"Part of our job is to understand that everyone has a different way of coping with things and we have to understand that it's their story and their perception that they are experiencing," said Gibson. "There is a lot of talking and teaching and being very present, but it can be very rewarding to see a patient opening up to share something that they're feeling very vulnerable about, and even sometimes ashamed."

The CAPE Unit at BC Children's Hospital sees around 300 children and youth a year from B.C. and the Yukon with emergency mental health problems, as well as up to 200 patients needing longer term care.

It takes a certain type of person to be a psychiatric nurse.

Besides being patient, nurses must be able to see the big picture and not react to adverse behaviour.

"We focus very much on what's driving actions and behaviours rather then the action and behaviour," said Gibson. "Sometimes it's just that mom hasn't seen them today."

To reach children, Gibson uses a lot of play and role modelling, but with youth Gibson said it's about looking at the stresses in their lives and their ability to be independent. Sometimes her job is just to provide a distraction.

"It's about finding that window of engagement and not forcing that, but letting them know that you're here," said Gibson. "Even telling them you like their shoes today can be a distraction."

Working with children dealing with mental health problems can be emotional work, but Gibson said focusing on the positive helps her deal on dark days.

"For me personally I focus on the successes. When a child thinks something negatively about themselves and I remind them about something different they've done this time that they wouldn't have done when they first came in and just reminding myself of those little shifts really helps."

Military nurse put her life on the line

Nurses have a calling and sometimes it calls them around the world to help patients in need.

Trauma nurse Dawn Henneberry joined the military and was sent to Afghanistan twice — in 2008 and 2010.

"You're working 24 hours a day, seven days a week. You don't worry about breaks or vacation — there isn't any. It's a whole different perspective," said Henneberry who left the military and now works at Dartmouth General Hospital in Nova Scotia.

There was also the constant anxiety over personal safety and wondering if she'd make it home.

"I had three days left and there was a rocket attack ... It was really close; it banged into a cement wall beside us and we're on the ground and I'm saying 'holy mackerel what am I doing here?'"

One massive trauma is stuck in Henneberry's memory. A soldier was brought in who had stepped on an IED and lost three limbs. Medical teams were doing CPR on him in the parking lot.

"They put him on the stretcher and there was just sand, no blood or anything, just sand. I thought they were going to stop doing care, but they continued."

The soldier died. Henneberry said it hit hard because they lost this young man but hours earlier they saved a quadruple amputee that might have been a bad guy.

For Toronto nurse Tammy Calabrese it was always a career goal to travel overseas and help people. In 2007, she learned of a small volunteer organization called the Canada-Africa Community Health Alliance. In 2008, she travelled to the Kilema region of Tanzania to volunteer for two weeks.

"Each day we travelled to a different village and people would have lined up for hours to see someone," she said. "We'd assess their concerns, consult certain specialists there with us and treat what we could with the medical supplies and medications we brought with us."

JENNIFER TAPLIN/FOR METRO

Paul Bell and Dawn Henneberry with a service dog in Afghanistan. CONTRIBUTED

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Morales back on form

WHITECAPS

Captain has two goals in three games after poor start

Cam Tucker
Metro | Vancouver

After a slow start to the season, Pedro Morales is showing signs of returning to the player he was in his first season with the Vancouver Whitecaps.

The talented midfielder and captain, acquired prior to the start of last season and with a designated player contract, went seven games without a goal to begin the 2015 campaign.

But since his one-game suspension in the middle of last month, Morales seems to have rediscovered the scoring touch that pushed him to a team-best 10 goals a year ago.

Morales opened the scoring for the Whitecaps on Saturday against a struggling and depleted Philadelphia Union squad. His goal in the 32nd minute turned out to be the winner, as Vancouver disposed of the visiting side with an easy 3-0 victory at BC Place Stadium.

For Morales, that's two goals in his last three games. This time, he didn't remove his jersey, a violation that earned him a yellow card when he busted the slump two weeks ago against DC United.

Whitecaps midfielder Pedro Morales' second goal of the season was the winner in a 3-0 victory over the Philadelphia Union on Saturday at BC Place Stadium. DARRYL DYCK/THE CANADIAN PRESS

He showed deft touch, chipping the ball over a helpless Brian Sylvestre, who was making his MLS debut with Philadelphia while on loan from the NASL.

The Whitecaps offence had yet to really breakout until Saturday. For the first time in MLS competition this year, they hit the three-goal mark in a game.

Morales, the catalyst on the attack with his sublime skill and ability to distribute the ball, looked back in his old form, making his goal look easy.

"I've got the utmost confidence in him. He plays with confidence and when he plays, we play," said head coach Carl Robinson.

"You watch him play ... his through balls, his vision, the way he slows the game down or speeds it up for us. It's critical to us."

12

The number of goals Morales has scored in MLS action as a member of the Whitecaps.

MLS

Dynamo earn first road win by beating Toronto FC

Goals by Boniek Garcia and Will Bruin gave the Houston Dynamo a 2-1 win — its first triumph on the road this season — while spoiling Toronto FC's long-awaited home debut Sunday.

Jozy Altidore, with his fifth of the season, headed home a Jonathan Osorio cross in the 77th minute to make for a tense ending with six minutes of added time. Toronto sacrificed a defender for forward Luke Moore but could not get a second goal.

The victory snapped a four-game winless streak for Houston (3-4-4). Toronto (3-5-0) missed its chance to get back to .500 on home soil after a lengthy road trip due to stadium renovations.

THE CANADIAN PRESS

Red Bulls come out on top in first New York Derby

Bradley Wright-Phillips scored two goals and the 10-man New York Red Bulls beat expansion New York City FC 2-1 on Sunday night in the inaugural New York Derby.

New York (4-1-4) bounced back after suffering its first loss of the season on May 2. NYCFC (1-6-3) had its winless stretch reach eight games with a fourth straight loss.

Patrick Mullins scored NYCFC's only goal in the 76th minute.

THE ASSOCIATED PRESS

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Rangers thrive on danger

NHL PLAYOFFS

Nail-biters nothing new for New Yorkers

Once merely 101 seconds from having their season end, then forced to hold off a furious Game 6 rally, Chris Kreider and the New York Rangers are now one victory away from returning to the Eastern Conference finals.

Kreider scored 40 seconds after the opening faceoff and with 0.3 seconds left in the first period Sunday night, Rick Nash and Dan Boyle added goals in the third, and the Rangers barely held on to beat the Washington Capitals 4-3 and force a Game 7 in the second round.

GAME 6 In Washington

NEW YORK RANGERS	WASHINGTON
4	3

New York led 2-0, then 4-1 with less than 12-1/2 minutes left in regulation.

But Washington's Evgeny Kuznetsov and Joel Ward put the puck past Henrik Lundqvist less than three minutes apart to make it a one-goal game with nearly half a period to go.

New York Rangers goalie Henrik Lundqvist blocks a shot by the Capitals' Troy Brouwer during Game 6 of their second-round series on Sunday night in Washington. ROB CARR/GETTY IMAGES

That prompted the Rangers to call timeout and brought much of the red-clad fans to their feet, screaming "Let's go, Caps!" and then mockingly singing Lundqvist's last name.

But the Swedish goalie was solid the rest of the way, stopping Washington's last four shots — including Alex Ovechkin on a 1-on-1 — and surviving a late Capitals power play to finish with 42 saves. That's a career high for Lundqvist in a playoff game that didn't go to overtime.

The teams will wrap things up Wednesday night at Madison Square Garden.

The winner of Game 7 will face the Tampa Bay Lightning or the Montreal Canadiens next. Tampa Bay leads that conference semifinal series 3-2.

This was the 13th consecutive playoff game involving the Rangers decided by one goal — all 11 this post-season, and two last year — the longest streak in the history of the Stanley Cup playoffs. THE ASSOCIATED PRESS

LeBron James, left, is mobbed by teammates after scoring the game-winning basket against the Bulls in Game 4 of their second-round playoff series NAM Y. HUH/THE ASSOCIATED PRESS

NBA PLAYOFFS

Last-gasp LeBron kills Bulls' buzz

LeBron James hit a jumper from the corner at the buzzer to give the Cleveland Cavaliers an 86-84 victory over the Chicago Bulls on Sunday, tying the Eastern Conference semifinal series at 2-2.

James finished with 25 points to help the Cavaliers win in another wild finish, returning the favour after Chicago took Game 3 on Derrick Rose's banked 3-pointer at the buzzer.

This time, James got whistled for an offensive foul when he elbowed Mike Dunleavy Jr. That led to a tying layup for Rose with just under 10 seconds left.

But instead of going to overtime, James ended it with the jumper from the corner over Jimmy Butler.

Game 5 is Tuesday night in Cleveland. THE ASSOCIATED PRESS

GOLF

Fowler flourishes to take title at Sawgrass

Nothing was overrated about Rickie Fowler at The Players Championship. Not the way he rallied from a five-shot deficit with the greatest finish in the 34-year history of the TPC Sawgrass.

Not the two tee shots he smashed down the daunting 18th fairway Sunday when a miss to the left or right spelled trouble. And certainly not the three tee shots — yes, three — he stuffed on the island-green 17th hole for birdie each time.

The last one made him a winner, the best answer to that anonymous player survey that he was an underachiever.

At a tournament that dresses up like a major, Fowler sure looked the part in beating the strongest field in golf.

"I'd say this was a pretty big one," Fowler said.

It certainly wasn't easy. Fowler's record-setting finish — birdie-eagle-birdie-birdie on the last four holes for a 5-under 67 — looked like a winner until Sergio Garcia and Kevin Kisner delivered big shots of their own.

In the first three-hole playoff at The Players Garcia was eliminated after he failed to birdie like Fowler and Kisner Those two then headed back to the 17th hole for the third time. The great shots kept coming. Kisner barely cleared the mound and the ball settled 12 feet away. Fowler answered by taking on the right side of the green and sticking it just inside 5 feet. Kisner finally missed. THE ASSOCIATED PRESS

IN BRIEF

Matthews leads Giro d'Italia

Elia Viviani timed his sprint to perfection to win the second stage of the Giro d'Italia on Sunday, while Michael Matthews moved into the overall lead on a day marred by several crashes.

Viviani edged out Dutchman Moreno Hofland by half a wheel to claim his first win in a grand tour. Andre Greipel went too early and finished third. THE ASSOCIATED PRESS

Clippers extend series lead

DeAndre Jordan scored 26 points, surviving Houston's intentional-foul fest in the first half, and the Los Angeles Clippers won 128-95 on Sunday night to take a 3-1 lead and put the Rockets on the brink of elimination in the Western Conference semifinals.

Blake Griffin gave LA 21 points while J.J. Redick had 18 points and Chris Paul finished with 15. THE ASSOCIATED PRESS

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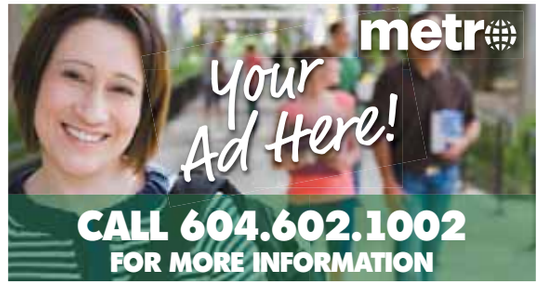


RECIPE Roasted Brussel Sprout Salad with Apricots and Toasted Almonds

EAT LIGHT AT HOME

Rose Reisman
rosereisman.com
@rosereisman

Great summer salad. Feel free to add grilled chicken, steak or fish to make a complete meal.

Ready in
Prep time: 10 minutes
Cook time: 15 minutes
Serving size: 6

Ingredients
- 1½ lb trimmed Brussel sprouts, cut into quarters

Dressing
- 2 Tbsp olive oil
- 3 Tbsp orange juice
- 2 tsp Dijon mustard
- 1 tsp grated orange rind
- ½ tsp minced garlic
- Salt and pepper
- 10 dried apricots sliced thinly
- 1/3 cup toasted sliced almonds

Directions

1. Preheat oven to 425 F. Place quartered sprouts on baking sheet sprayed with vegetable oil. Roast for 15 minutes or just until tender and browned.

2. To make the dressing: combine oil, juice, mustard, rind, garlic, salt and pepper.

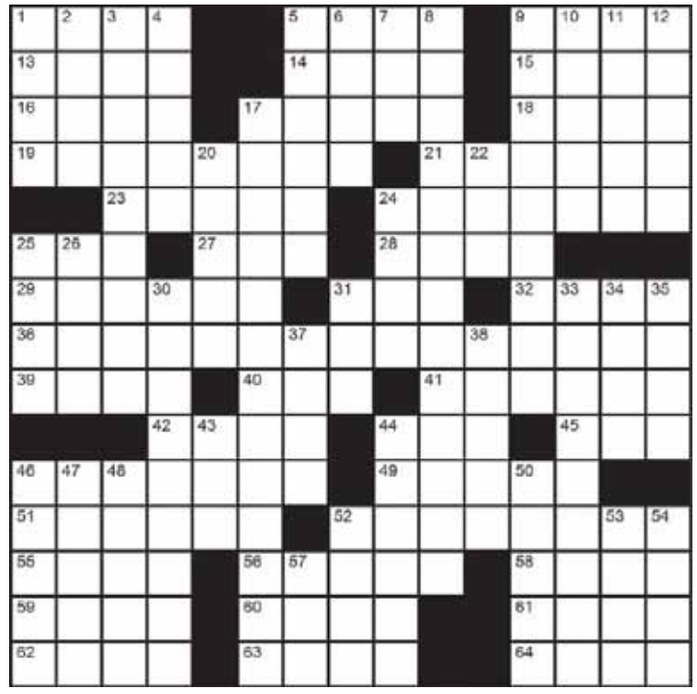
3. Place Brussel sprouts in serving dish, add sauce and apricots and garnish with toasted almonds.

Nutrition per serving
- Calories 169
- Protein 5.8g
- Carbohydrates 20.8g
- Fibre 6.6g
- Total fat 8.2g

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Fido-created effects
5. "Begone, bug!"
9. Music key: letter + abbr.
13. Telegram
14. Pope name
15. Costa __
16. International oil gr.
17. __ acid
18. __ _ medio (Year and a half, in Spanish)
19. Round Table member
21. Bluegrass performer Ms. Krauss
23. :
24. __ Cut (Style of #3-Down by McCain)
25. "Yuck."
27. Hosp. areas
28. Give _ __ (Display friendly doggie behaviour)
29. Fine-tune
31. Before
32. Morns followers
36. Like a whale coming into the world via a pool rather than an ocean: 3 wds.
39. Singer Mr. Stone's
40. Former kitten
41. Ireland-set 2002 Pierce Brosnan movie
42. Particular
44. Mr. Levin
45. Real estate database, commonly
46. Saskatchewan village; or, Grant of "Eight Is Enough"
49. Cable news channel
51. Q. "What Sarah McLachlan song starts 'Spend all your time waiting...'?" A. "'_', _ believe."
52. Navy ships formation
55. Prefix to 'metric' (Type of pressure)
56. WWII-era positioning system, commonly
58. Actress Jessica
59. Stead
60. Plunder
61. Sports org.
62. Once, poetically
63. Carlisle Cullen's wife in 'Twilight' movies
64. Those, in Spanish

DOWN
1. No-show stat.
2. Actress/host Kelly
3. New Brunswick town at #17-Down = '__ __ Capital of the World'
4. Fresco-__ (Painting technique)
5. Cereal utensils
6. To the __ (Fully)
7. Yes: French
8. Legendary Montreal-born jazz pianist/composer: 2 wds.
9. Instant insight/inspiration
10. Belarus' capital
11. Keep _ __ head (Remain calm)
12. Toronto-born actress Ms. Eastwood
17. __-Bristol (Global headquarters of McCain Foods Canada)
20. 1985 movie (co-starring John Malkovich) for Canadian actress Kate Nelligan
22. __ Fail (Irish coronation stone)
24. Fish type
25. City: Latin
26. Earth sci.
30. Bryan Adams song: 2 wds.
31. Butter portion
33. Silver screen scenes snippets: 2 wds.
34. Texter's sign-off, e.g.
35. Equivalent words [abbr.]
37. Arrived
38. "_ __ to suck your blood!" ...exclaimed the vampire
43. __ Aviv, Israel
44. Tardy one's self-observation: 2 wds.
46. Movie star Clark
47. Where an elated person dances: 2 wds.
48. Monsters
50. Church book
52. Gift tag word
53. Toy building block
54. Unfortunately
57. Sharon's hubby/Jack's dad ...his initials-sharers

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Do something today that takes the object of your affection by surprise. Think of the most romantic thing you could do, then do it and watch their passion ignite. And plan a trip away together for later in the week or next weekend.

Taurus April 21 - May 21
Mars leaves your birth sign tomorrow, so if there is anything that needs finishing you should knuckle down and get on with it now. Your efforts will not go unrecognized or unrewarded — the powers that be have been watching.

Gemini May 22 - June 21
You don't like to be suspicious but if someone offers you something for nothing today it will pay you to find out if they are up to something.

Cancer June 22 - July 23
If you do a good deed or make some kind of sacrifice for a friend or relative over the next 24 hours you are sure to receive a reward or compensation.

Leo July 24 - Aug. 23
You have been trying too hard to win friends and influence people and when you try too hard at anything it tends to have the opposite effect to what you desire. However, don't take that to mean you should not try at all.

Virgo Aug. 24 - Sept. 23
There is something you want to do but your instincts tell you it won't go down well with certain people. That's settled then: You are going to do it! You are in one of those moods when you enjoy causing a bit of chaos.

Libra Sept. 24 - Oct. 23
You may be tempted to own up to some kind of indiscretion, simply to get rid of the guilt feelings you have been carrying round, but is that such a good idea?

Scorpio Oct. 24 - Nov. 22
It's unlikely that you will be in a sociable mood today but that's okay because you have important things to think about and you will only do them justice if you cut yourself off from the world.

Sagittarius Nov. 23 - Dec. 21
You may not be your usual extrovert self today but even a Sagittarius needs to take things easy once in a while and according to the planets this is a great time to switch off and not worry too much about the world around you.

Capricorn Dec. 22 - Jan. 20
Something you do – or don't do – will shock those who see you as the one person who can always be depended on, but maybe that's the idea.

Aquarius Jan. 21 - Feb. 19
This is an excellent time for partnerships and affairs of the heart. Let those who mean something to you know how much you respect and care for them.

Pisces Feb. 20 - March 20
Others may not agree with what you intend to do today but that won't worry you in the slightest. Too often lately you have allowed others to control your behavior because you did not want to rock the boat. Now give it a really good shake!

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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3			4		8			6
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